



Council Of State Employees



Message from the Governor

Summer 2004

Governor Hoeven Calls for Nominations for Excellence in Public Service Award

The Governor's Award for Excellence in Public Service recognizes the outstanding work performance of our state employees to include contributions to their agency, profession and community. You are encouraged to submit nominations for this award.

Nominations will be accepted from the legislative, judicial and executive branches of state government. Nominees must be employed a minimum of half time, with one full year of employment. More than one employee can be nominated from an agency or department.

For more information about the award and to print a nomination form, visit the Council of State Employees Web site at www.state.nd.us.

[us/cose](http://www.state.nd.us/cose). Please send your nominations to the Office of the Governor, attention Jody Link, 600 East Boulevard Avenue, Bismarck, ND 58505 by August 16. The award winners will be announced and recognized at a special awards ceremony and lunch during State Employee Recognition Week in September.



Governor John Hoeven

New COSE Sport Shirt Special

The State COSE Committee has worked out a deal that will only last until August 1, 2004, to be able to offer the NEW Sport T-shirt at a reduced price.

Normally they would be \$10 for the S-2XL shirts and \$13 for the 3XL-5XL shirts. Our supplier is now offering the shirts to us for \$8 and \$11 respectively. This is a statewide sale so all State Employees are eligible for this sale.

Please click on the Sport Shirt Special on the COSE clothing webpage listed below.

COSE Clothing

available online at

<http://www.state.nd.us/cose/cloths.htm>

Message from President Senne

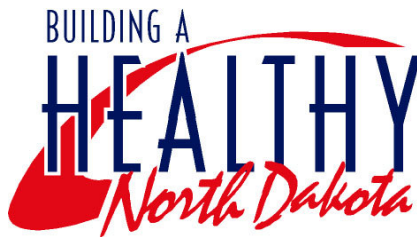
Again this year, the Governor has proclaimed September 13-17 as State Employee Recognition Week. There will be activities and events planned all over the state during that week. So plan to attend an event or activity in your area of the state, or visit some activity in another city. We will post

a list on our Webpage.

You also have a chance to nominate a fellow State Employee for the Governor's Award for Excellence. Instructions for this Award and also the nomination form can be downloaded from the COSE Webpage. The nomination dead-

line is Monday, August 16, 2004. Please send your nomination today.

Have a great Summer.
Dave Senne
COSE President



The statistics are sobering. Forty-one percent of North Dakotans die from heart disease and 23 percent from cancer. The underlying factors – or true causes – of these deaths are from the “big three”: tobacco use, diet and inactivity. Of all the factors that contribute to premature death (before age 75), 51 percent is attributed to behavior and lifestyle choices. Although most people know that many diseases are to some degree preventable, they often continue to make lifestyle choices that adversely affect their health. As a result, we struggle with the following question: How can we effectively incorporate wellness into our lives and the lives of all North Dakotans?

Healthy North Dakota is working to do just that.

Building a Healthy North Dakota

In 2002, Gov. John Hoeven launched the *Healthy North Dakota* initiative. The goal of *Healthy North Dakota* is to improve the health of every citizen in the state by inspiring people to choose healthy behaviors. *Healthy North Dakota* works through innovative statewide partnerships to support North Dakotans in their efforts to make healthy choices – in schools, workplaces, senior centers, homes and anywhere people live, work and play.

In August 2002, about 130 people from more than 75 organizations from across the state met to define wellness and identify priorities for North Dakota. As a result, issues such as tobacco use, healthy weight and worksite wellness are being addressed by statewide committees that meet to define goals and develop strategies.

Several *Healthy North Dakota* projects already are underway.

For example, the state employee tobacco cessation program was implemented in January, and the statewide tobacco quit line will be operational in the next several months. In addition, a Wellness Institute is being developed in cooperation with higher education to encourage healthy lifestyles through training, evaluation and prevention for individuals, businesses, schools and communities across the state.

As you can see, *Healthy North Dakota* is addressing high-risk behaviors and disease in new and innovative ways. This unified approach to wellness will create opportunities for all of us to make healthy choices and break the cycle of unhealthy behavior. To join us in building a *Healthy North Dakota*, call 701-328-4908.

Submitted By State Health Officer Terry Dwelle, M.D.

North Dakota Captioning Center (NDCC)

The ND Friends of Deaf Children Foundation (NDCF) is pleased to announce the establishment of the North Dakota Captioning Center. The Friends Foundation and the ND School for the Deaf (NDSD) collaborated on this effort and were awarded two grants to assist with the establishment and operation of the North Dakota Captioning Center. The first grant, to purchase equipment and obtain training on its setup and use, was provided by the Otto Bremer Foundation. The second grant, to provide professional development training for transcribers, was awarded by the ND Department of Public Instruction. Many educational videotapes that are currently used in

North Dakota schools are still without captions, thus making them inaccessible to students who are deaf or hard of hearing. The purpose of the joint venture between NDCF and NDSD to establish a ND Captioning Center is to ensure that all students who are deaf or hard of hearing have full visual access to the audible information that is provided by educational videotapes. Staff members (transcribers/encoders) from the Communications Department at the North Dakota School for the Deaf will assist with the transcription/encoding process. Transcribers will provide on-screen text to educational videotapes by converting audio to text and then encoding the text (captions) onto the



videotapes. The captions will provide students who are deaf or hard of hearing with the opportunity to see the same information that their hearing peers are able to obtain by listening. The North Dakota Captioning Center will provide videotape caption encoding to all North Dakota schools/educators in need of its services. For more information, please contact Lilia Bakken, Communications Coordinator, ND School for the Deaf, at 701-662-9000 (V/TTY) or email at lilia.bakken@sendit.nodak.edu.

National Lewis And Clark Signature Event



**“Time of Renewal
and Exchange “
October 22—31, 2004
University of Mary
Bismarck, North Dakota**

This event will highlight the cordial welcome that the Lewis & Clark Expedition received from the earth lodge people of the Upper Missouri. It will renew the bonds of friendship and cooperation forged by the Corps of Discovery during the winter of 1804-05. Visitors will taste what they tasted, see what they saw, and hear what they heard. Lewis & Clark knew when they arrived in

what is now North Dakota that they would find, and found, information and hospitality from the Missouri River Indians. “Circle of Cultures” will showcase the thriving centuries-old trading “Mecca” of the Northern Plains.

For more information and a complete list of events, please visit the Circle of Cultures web site: www.circleofcultures.com



The teams involved and amounts raised were:
 Facility Management - \$1791
 COSE - \$1583
 Bank of ND - \$1202
 Land Dept. - \$592
 Water Commission - \$ 160
 DHS/Dollar Store - \$ 825

Bismarck --Mandan Relay for Life Event raised more than \$65,000.



DHS/Dollar Store: No Picture: Laurie Schwartz, Dean Berger, Tina Freidt, John Walters, Dave Poppe, Bill Marsh, Melinda, Myron, Erica, Andrew and Dillon Scherr



BND: (Clockwise from top middle) Jamie Mertz, Kathy Knudson, Genelle Dollinger, Donna Roll, Brenda Renner, Roxanne Nelson, Dani Roll, Shar Zacher, Trudi Hogue, Janet Schwab. Terry Faller.



COSE: Steve Schroeder, Becky Rosenkranz, , Bonnie Heit, Travis Pederson, Brenda Schuler, Kerrie Helm, Ron Gumeringer

Land Dept.: No Picture: Levi Erdmann, Gary Prezler, Jayden Pascua, Bonnie Pazernik, Debra Froemke, Mike Humann, Jeff Engleson, and Mike Brand.

Fish Award Nominees



Second quarter nominees:

Cathy Perry, UND Med School,
Sheila Massie, UND Med School,
Kathy Hoffman, UND Med School,
rran, UND Med School ,
ecretary of State.

Congratulations to the 2004 2nd quarter winner, Sheila Massie. She will receive a COSE t-shirt.

Water Commission: No Picture: Dawn Feist, Brenda Hove, Michael Hove, Pat Fridgen, Jim Lindseth, Royce Cline, Jason Boyle, Paul Moen, Albert Lachenmeier, Jim Lennington, Aaron Gilstad, Tim Freije, Dan Farrell



Fish Awards

Friendly
Initiative
Smile
Helpful



Developed by the State COSE Board of Directors, the Fish Award:

- ❖ Symbolizes excellence in customer service,
- ❖ Recognizes employees who promote customer service in state government,
- ❖ Acknowledges employees who model excellence in customer service to other fellow State Employees,
- ❖ Exemplifies the standard "We all have a customer; we all provide service to others," and
- ❖ Recognizes employees who understand that "Providing customer service is part of our job."

For more information on this award, or to nominate someone, contact your COSE representative. All nominations must be received by October 8, 2004 to be eligible for the fourth quarters award. Nomination forms can be found on the web at www.state.nd.us/cose/ or from your COSE representative.

This newsletter is published three times a year by the North Dakota Council of State Employees (COSE). State employees are encouraged to submit articles or information about their agencies or institutions to their subgroup listed below. Any comments and concerns should also be directed to your subgroup chair listed below. Editorial Board: COSE Board of Directors. Publisher: Tina Freidt, 600 East Blvd. Ave, Bismarck, ND 58505

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Williston
VACANT

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